

2009 Daniel Island



Kids Triathlon



Saturday, June 20, 2009

Daniel Island, South Carolina



Will Rishovd

Daniel Island Coordinator

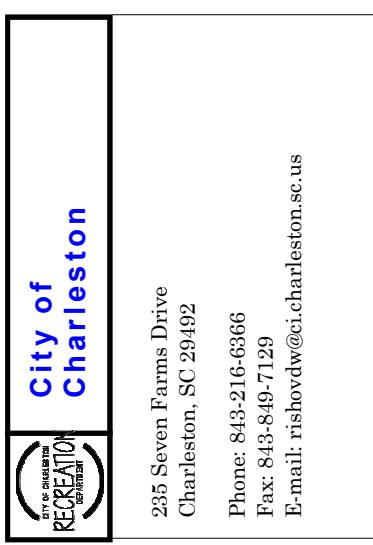
235 Seven Farms Dr.

Charleston, SC 29492



Other Information

- Parents may not participate along with racers.
- Parents should go over the race route with the racers a few days before the race so they are familiar with the race.
- Racers will have their race number written on their arms and legs with permanent marker so the numbers can be seen in the water.
- Remember to drink plenty of fluids and eat before the race. Water will be provided at the transition area and possibly along the race route.
- Remember to wear sunscreen
- Helmets are required to be worn. Shoes must be worn during the run and bike.
- Racers must wear a shirt or race belt with their race numbers showing to the front
- If you are interested in volunteering and helping out on race day please contact Will Rishovd at 843-216-6366 or rishovdw@ci.charleston.sc.us
- Racers are encouraged to practice riding their bikes and transitioning for a smooth race day



235 Seven Farms Drive
Charleston, SC 29492
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Saturday, June 20, 2009

Dear Participant:

Welcome to the 4th annual, City of Charleston Department of Recreation's, Daniel Island Kids Triathlon. This race was created in order to encourage children to get out and exercise on Daniel Island and the surrounding Charleston area. The kids triathlon is designed to encourage children of all abilities to participate. It is our hope that for many kids, this will be their first of many triathlon's or athletic endeavors that encourages a healthy lifestyle. Proceeds from the Daniel Island Triathlon will go towards the City of Charleston Department of Recreation programming within the Daniel Island Community.

Registration Forms

Registration forms are available online for download. Please go to: www.charlestoncity.info/recreation. Registration forms may be mailed or turned in at the Daniel Island Municipal Complex. Mailed in registrations must be post marked by June 6th.

Registration Location

We will also be taking registrations at the Daniel Island Municipal Building located at 235 Seven Farms Dr., Daniel Island, SC 29492. Registration hours are M-F 8:30 am - 5:30 pm. For directions or more information please call 843-216-6366 or send e-mail to trishoudw@ci.charleston.sc.us

Registration Fee

The registration fee is \$25 per participant by June 13th. Checks/Money orders only. Please make them out to: City of Charleston DOR. Registrations may be mailed in to: Daniel Island Kids Triathlon, City of Charleston Department of Recreation, 235 Seven Farms Drive, Charleston, SC 29492. Registrations must be post marked by June 6th to be valid. No mailed in registrations will be taken after the 6th.

**** Limited to the first 100 registrants****

Packet Pickup

Packet Pick up will be June 11th & 12th from 9 am 5:30 pm. Packets will be picked up at the City of Charleston's Recreation Office on Daniel Island (235 Seven Farms Drive). There will be NO race day packet pick up.

Race Day Schedule

7:00 - 7:30 am	Race day check in at the Pierce Park Pool Pavilion
7:00 am	Transition area opens (Pierce Street)
7:30 am	Transition area closes
7:30 am	Pre-race meeting at Pavilion
7:45 am	Participants line up
8:00 am	Race Begins
Post Race	Refreshments, Awards Ceremony at Pierce Park Pavilion

Awards

Trophy's and prizes to the top males and top females in the 7/8, 9/10, 11/12, and 13/14 year old categories. Medals will be given to all finishers. Awards and Recognition Ceremony, Sponsored in part by

Extras

Each participant will receive a commemorative micro-fiber shirt sponsored by Vapor. Top finisher awards will be provided by Try Sports. Post race refreshments will be provided by Publix at the Post Race Party in the Pierce Park Pavilion. Everyone will receive Completion medal.



7-10 year olds

Swim (100 meters)

The first swimmer will start at 8:00 am in the Pierce Park Pool. Swimmers will enter the pool at intervals. Order will be set based on the qualifying swim time reported on the registration form. Those who do not report a time will be assigned to later starting positions. Wet suits will not be allowed.

Bike (2.6 miles)

The 2.4-mile bike course is an out and back course on fairly flat and smooth roads. All participants are required to wear fastened helmets.

Run (0.5 miles)

The half mile loop is a paved loop that runs around the homes located next to the pool. The finish line is located in the middle of Pierce St.

11-14 year olds

Swim (200 meters)

The first swimmer will start at 8:00 am in the Pierce Park Pool. Swimmers will enter the pool at intervals. Order will be set based on the qualifying swim time reported on the registration form. Those who do not report a time will be assigned to later starting positions. Wet suits will not be allowed.

Bike (5.5 miles)

The 5-mile bike course is an out and back course on fairly flat and smooth roads and paths. Participants are required to wear fastened helmets.

Run (1 mile)

The one mile loop is a loop that runs from the pool over a bridge and back. The finish line is located in the middle of Pierce St.

